

# Free origami workshop

**Where:** Leeds Playhouse

**When:** Tuesday 25 April & Tuesday 2 May

**Time:** 11am - 2pm

You're invited to join us at Leeds Playhouse to learn how to fold origami owls and explore the fascinating myth behind the 1000 origami cranes. No need to register, just turn up, join in, and leave whenever you need.

- Free event for people aged 60+ in Leeds
- All materials provided
- Two informal, guided workshops – drop in whenever suits
- Part of the '1001 Stories Festival' programme



Playhouse Square, Quarry Hill, LS2 7UP (opposite bus station)



1001 Stories is a revolutionary two-week takeover where older people perform, exhibit and express their stories of lives lived to the fullest.

Join us for a celebration of older people's vast creativity, shared through passionate and unexpected performances, exhibitions, music, dance and more across Leeds Playhouse. Everyone is welcome at our ground-breaking celebration of age and ageing.

1001 Stories is a collaboration between The Performance Ensemble, Leeds Playhouse, Leeds Museums and Galleries and Leeds Older People's Forum for LEEDS 2023.

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# Why origami?

Origami is an ancient Japanese art form that involves folding paper into intricate designs without the use of scissors or glue. The art of origami has been practised for centuries and is now enjoyed by people all over the world.



One of the most well-known origami myths is the story of the 1000 origami cranes.

According to this myth, folding 1000 origami cranes will grant the folder one wish. The story became popular after Sadako Sasaki, a young girl who survived the bombing of Hiroshima, began folding cranes while she was in the hospital, hoping to recover from leukemia.

Although Sadako did not reach her goal of folding 1000 cranes before she passed away, her story inspired others to continue folding cranes as a symbol of hope and peace.



We want to create as many owls as we can to show that older people give a hoot and have something to say about the future of the city. Who knows, we might even make it to 1000 owls and be granted a wish!

# Why owls?

Instead of cranes, we're making owls to represent the people of Leeds. Owls feature on the Leeds Coat-of-Arms and can be spotted all around the city on buildings and signs. In fact, there are twenty-five owls on the official Leeds Owl Trail!

Learn more about the link between Leeds and owls at [www.leedsowltrail.com/owl-map](http://www.leedsowltrail.com/owl-map)



**MindWell**

For more creative activities, advice about how to stay well and information to support your mental wellbeing, visit MindWell, the mental health website for people in Leeds at [www.mindwell-leeds.org.uk](http://www.mindwell-leeds.org.uk)